



European
Commission

Europe's Beating Cancer Plan



Prevention

Start date – end date
01/11/2022 – 01/05/2025

Countries
Germany, Portugal,
Spain, Sweden

Overall budget
EUR 1 593 594

**EU contribution under
EU4Health programme**
EUR 1 274 875



RYHEALTH – Rock your health

It is our social obligation to participate in programmes that beat cancer at the local and European level.

The increasing prevalence of diseases like cancer and cardiovascular disease is mainly due to sedentary lifestyles, poor nutrition and poor mental health. RYHEALTH aims to develop a holistic concept that will **instil healthy habits from childhood** and have a big impact on disease prevention in the EU.

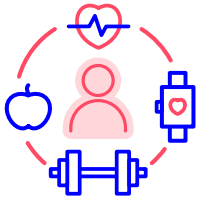
The project targets primary and secondary school students from various socio-economic backgrounds, as well as teachers and parents. It is thus intergenerational in scope and will help to meet the EU4Health programme goal of a healthy lifestyle for all.

RYHEALTH will give students, teachers and parents an understanding of the importance of healthy lifestyles and the opportunity to talk about their experiences and support each other. It will do this by involving:

- teachers in training of trainers, through which they will develop skills to apply with students using an online toolbox;
- students in training of other students, through which they will learn about healthy habits that they will apply in their daily lives;
- students in a digital engagement programme, through which they will influence their peers, families and other people.



RYHEALTH should lead to:



- greater awareness of outdoor activity and healthy eating as effective means of preventing cancer and chronic non-communicable diseases;
- higher levels of participation in healthy activities from an early age;
- development of a European network of schools, institutions, students and families involved in the promotion of healthy lifestyles.

For more info

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Project website

<https://ryhealth.net/>

Social media handles

@RockYourHEALTH1



Europe's Beating Cancer Plan makes use of the whole range of Commission funding instruments with a total of €4 billion being earmarked for actions addressing cancer. €1.25 billion from the EU4Health programme is being used to support actions and initiatives outlined in the Cancer Plan.

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